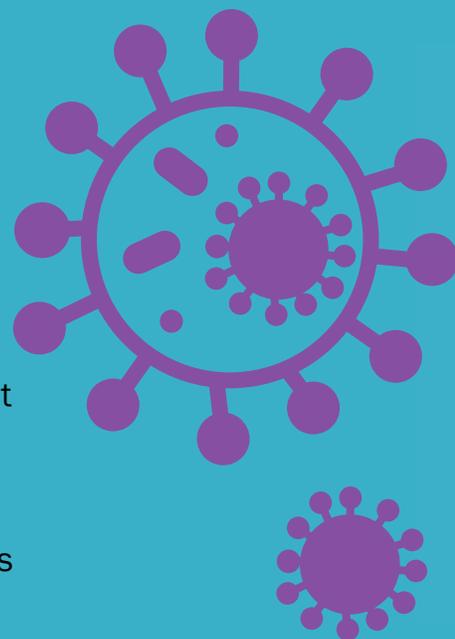


# A Guide to COVID-19 for Youth

## What is COVID-19?

COVID-19 is a disease that is caused by a new kind of coronavirus. Coronaviruses are common. They usually cause mild illness like the common cold. This virus has a “crown” of spikes that attaches to the lungs. It causes symptoms like cough, fever, sore throat or a hard time breathing. Most people with COVID-19 have mild symptoms but others can become very sick.

B.C. has declared a state of emergency and a public health emergency. That means we need to try to keep the virus from spreading by containing it. It is important to report our symptoms if we start to feel sick. We must also focus on slowing down and delaying the spread of the virus so that our doctors, nurses, and support services are better able to deal with it. There is no vaccine or treatment. You can help prevent spreading the disease by physical distancing and hand washing.



## Physical (Social) Distancing

Physical distancing is a way to slow the spread of COVID-19. We all need to avoid close contact with others. Physical distancing is also called social distancing. We may not feel sick, but symptoms may take up to 2 weeks to appear, so we should still keep about 2 meters (6 feet) apart. It's also important to wash our hands often if we're outside our homes.

### Ways to practice physical distancing...

#### At home:



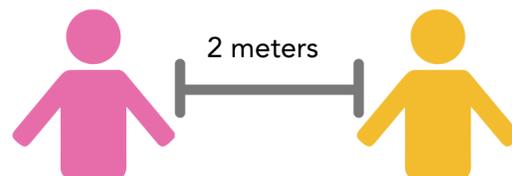
- Work out at home
- Read a good book
- Clean your home/bedroom
- Cook a meal or bake
- Arts & crafts
- Nap
- Check on friends and family members by social media, text, call, video chat
- Share memes and gifs
- Play video games
- Watch YouTube or stream a favourite show



#### In your community, stay 2m apart when you:



- Go for a walk/run/bike ride
- Do yard work
- Go for a drive
- Grocery shop or pick up food
- Go to important appointments
- Pick-up prescription medication



BC has a phone number to call for the latest **non-medical** information about COVID-19. It includes travel recommendations and information about physical distancing in more than 110 languages. This line is available 7:30 am – 8 pm (7 days a week) at **1-888-COVID19 (1-888-268-4319)** or **text message** at **604-630-0300**.

# What to do if you think you might have COVID-19

The symptoms of COVID-19 are similar to other respiratory illnesses, like the flu and common cold. They include:



**difficulty breathing**



**coughing**



**sneezing**



**sore throat**



**fever**



Use the BC COVID-19 Assessment Tool. It will help you decide if you need testing for COVID-19.

You can also call **8-1-1** anytime to talk to a nurse at HealthLinkBC and get advice about how you are feeling and what to do next.

## Self-isolate immediately



**Stay home for 10 days**

**Protect others**

**Keep track of your symptoms**

**Stay active**

**Keep in touch**



**Do not go to work or public places**

**Do not have visitors**

**Do not use public transportation - buses, sky trains, planes, etc.**

**Do not share personal items**

For more on self-isolation, see more on BCCDC

<http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf>

# While staying home, limit the spread:



Keep your distance from other people at home



Cover your coughs and sneezes



Do not share household items



Wash your hands or use alcohol-based hand rubs



Flush the toilet with the lid down



Do some general cleaning

# Take care of your mental health, as well as physical!

Connect with a counsellor or peer support worker



Get a good night's sleep



Relax your mind and body



Have a healthy, regular diet



Start a journal

